

SAFETY NEWS RELEASE

Beltville Area



INFORMATION WE WANT YOU TO KNOW

Release # 98-03

OSHA's Top Ten Tips for Staying Cool in Hot Workplaces:

1. Encourage workers to drink plenty of water (without salt)--about one cup of cool water every 15-20 minutes, even if they are not thirsty. Avoid alcohol, coffee and tea, which contribute to dehydration.
 2. Help workers adjust to the heat by assigning a lighter workload and longer rest periods for the first five to seven days of intense heat. And this process needs to start all over again when a worker returns from vacation or absence due to illness or injury.
 3. Encourage workers to wear lightweight, loose-fitting, light-colored clothing. Workers should change if their clothing gets completely saturated.
 4. Use general ventilation and spot cooling at points of high heat production. Good air flow increases evaporation and cooling of the skin. Stagnant atmospheric conditions and poor air quality can induce heat-related illnesses.
 5. Train first-aid workers to recognize and treat the signs of heat stress. Be sure that all workers know who is trained, to render first aid. Supervisors also should be able to detect early signs of heat-related illness and permit workers to interrupt their work if they become extremely uncomfortable.
 6. Consider a worker's physical condition when determining fitness to work in hot environments. Obesity, lack of conditioning, pregnancy and inadequate rest can increase susceptibility to heat stress.
 7. Alternate work and rest periods, with longer rest periods in a cooler area. Shorter, but frequent, work-rest cycles are best. Schedule heavy work for cooler parts of the day and use appropriate protective clothing. (See next page for work/rest guidelines.)
 8. Certain medical conditions, such as heart conditions, or treatments like low-sodium diets and some medications, increase the risk from heat exposure. Seek medical advice in those cases.
 9. Monitor temperatures, humidity and workers' responses to heat at least hourly.
 10. Learn to spot the signs of heat stroke, which can be fatal. The symptoms are mental confusion/loss of consciousness, body temperature of 106 degrees, and hot, dry skin. If someone has stopped sweating, seek medical attention immediately. Other heat-induced illnesses include heat exhaustion, heat cramps, skin rashes, swelling and loss of mental and physical work capacity.
- A Fact sheet, "Protecting Workers in Hot Environments," is available via the Internet at <http://www.osha.gov>. It can be found on the Publication page under Fact Sheets or by typing the following URL address:
http://www.osha-slc.gov/OshDoc/Fact_data/FSNO95-16.html

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